



Greek Salad

Servings 4 | Prep time 15 mins. | Total time 15 mins.

Equipment:

Cutting board
Large bowl
Small bowl

Utensils:

Knife
Whisk or fork
Measuring cups and spoons

Ingredients

6 romaine lettuce leaves, chopped
1 cucumber, peeled and sliced
1 medium tomato, chopped
1/2 cup onion, sliced
1/3 cup crumbled feta cheese
2 tablespoons olive oil OR vegetable oil
2 tablespoons lemon juice (about 1 lemon)
1 teaspoon dried oregano

Instructions

1. Before you begin, wash your hands, surfaces, utensils, and vegetables.
2. Combine lettuce, cucumber, tomato, onion, and cheese in a large bowl.
3. In a small bowl, use a whisk or fork to mix together oil, lemon juice, and oregano to make a dressing.
4. Pour dressing over lettuce mixture and toss until coated.

Nutritional Information:

Calories 110 Total Fat 8g Sodium 160mg Total Carbs 7g Protein 4g